



# 5 DAY CONFIDENCE CHALLENGE



## A Note for Grown-Ups:

### Helping Kids Build Real Confidence One Thought, One Action, One Day at a Time



Dear Parents, Caregivers, and Educators,

Welcome to The Power of Yet 5-Day Confidence Challenge! This printable resource was created with one goal in mind: to help kids believe in themselves and feel proud of who they are becoming.

Through short, relatable stories and fun daily activities, your child will explore important ideas like trying even when it's hard, being kind to themselves, bouncing back from mistakes, and recognizing their own strengths. Each day builds on the last—gently guiding them to notice their inner voice, show up bravely, and celebrate progress over perfection.

Here's a quick look at what your child will focus on during the challenge:

**Day 1 – Noticing Self-Talk:** Recognizing the voice inside and learning how to speak to themselves with kindness.

**Day 2 – Body Language & Confidence:** Discovering how how we stand and move can help us feel braver.

**Day 3 – Remembering Strengths:** Looking back on wins and proud moments to build trust in themselves.

**Day 4 – Embracing Mistakes:** Understanding that messing up is part of learning and growing.

**Day 5 – Speaking Strengths Out Loud:** Saying powerful things about who they are and who they're becoming.

Every activity includes a simple reflection question you can use to spark great conversations. If you'd like to join in, feel free to do the challenge alongside your child—you might be surprised how good it feels to say, "I believe in me," too.

Thanks for being in your child's corner and encouraging them through this experience. With your support, they're not just completing a challenge—they're building confidence that will last long after the five days are done.

Let the confidence adventure begin!

# 5 DAY CONFIDENCE CHALLENGE

Hey there, Confidence Explorer!

Guess what? You're about to go on a 5-day adventure with some awesome friends from "The Power of Yet." Sometimes, our brains get a little wobbly. They might tell us things like "I can't do this" or "What if I mess up?" But those thoughts don't get the final say—YOU DO. And with the help of Emma, Adam, Max, Professor Synapse, Captain Cortex, and Dala the Guardian, you'll learn how to turn those thoughts into power thoughts that build confidence and courage.

💡 Each day, you'll:

- Hear a story about someone learning to be brave
- Do a short activity to build your confidence
- Reflect on your own thoughts and feelings
- Earn a Bravery Badge to collect!

By the end of this challenge, you'll see just how powerful your thoughts, words, and actions are.  
Ready to grow your confidence superpowers?

Let's go! ✨

"I'M PROFESSOR  
SYNAPSE!"



# DAY 1

## THE VOICE INSIDE

### SELF TALK



Emma stood at the edge of the diving board, toes curled tightly. Her stomach felt fluttery.

“I can’t do this,” she whispered.

Just then, a sparkly puff of light appeared beside her—Professor Synapse, the brainy brain guide, hovered with a smile.

“Ah, I hear a Not-Yet Thought,” Professor Synapse said, adjusting his oversized goggles.

“That’s your inner voice talking—but it might not be telling the truth.”

Emma tilted her head. “It’s not?”

“Not at all,” he grinned. “Let’s swap that voice out. Instead of ‘I can’t,’ try ‘I can try!’ Say it with me.”

Emma took a deep breath and said, “I can try.”

Her shoulders relaxed. The fluttery feeling turned into something... brave.

She took one big step forward—and SPLASH!

When she came up, grinning and proud, Professor Synapse gave a thumbs-up.

“That’s the power of yet!”



# DAY 1

## ACTIVITY

### FLIP THE SCRIPT

#### Instructions:

In the first speech bubble, write something unkind or unhelpful your brain has said before.

In the second speech bubble, write a new Power Thought instead!

 THOUGHT MY BRAIN SAID

 NEW POWER THOUGHT



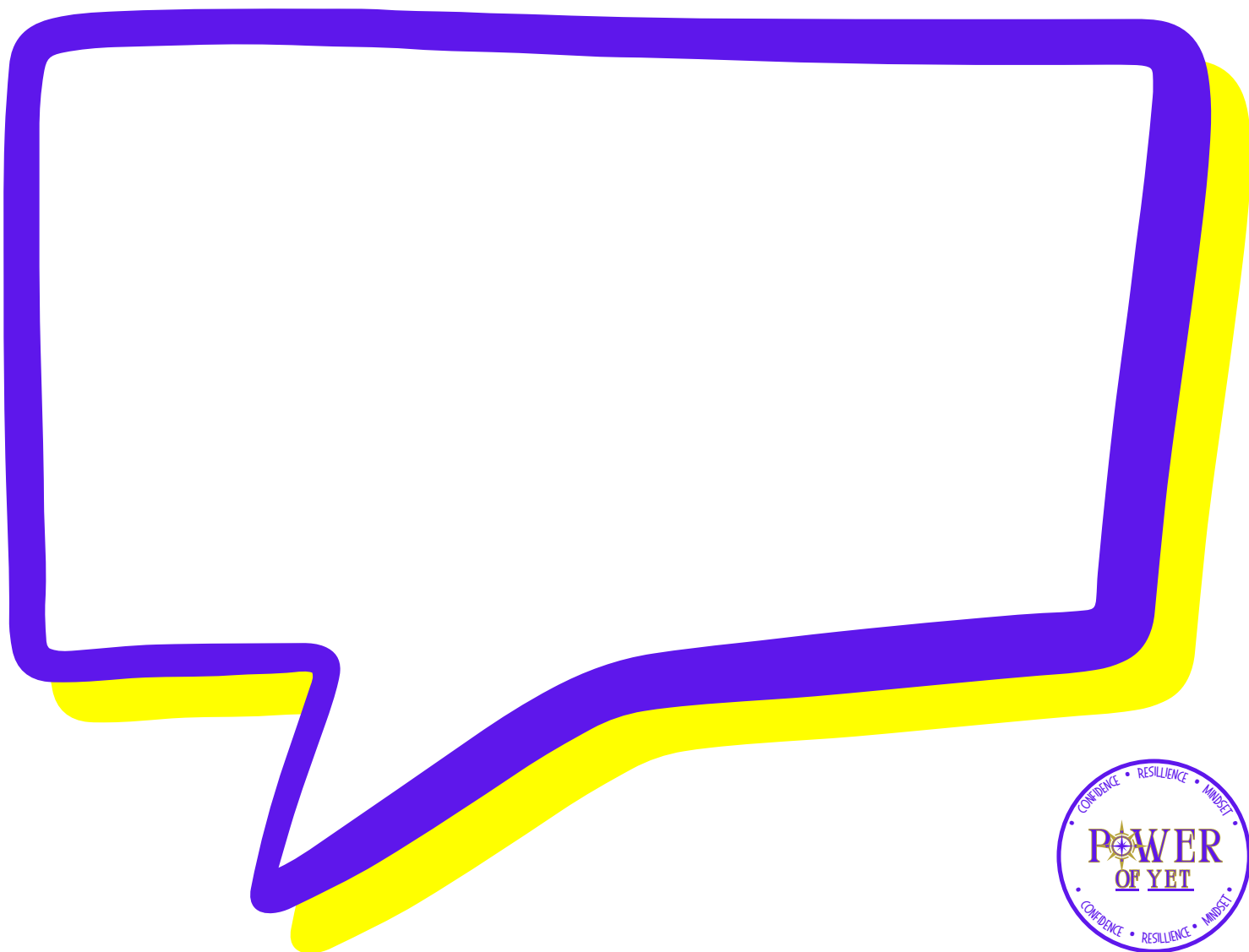
DAY 1  
**ACTIVITY**  
FLIP THE SCRIPT

**Instructions:**

Draw your brave face in the box below:



MY BRAVE FACE



DAY 1  
**ACTIVITY**  
FLIP THE SCRIPT

Instructions:

Answer the reflection question, take some time to think about this one:



WHAT'S ONE THING YOU ARE PROUD  
OF TRYING – EVEN IF IT WAS HARD?

A large, stylized speech bubble with a thick purple outline and a yellow shadow. Inside the bubble are seven horizontal black lines for writing.



# DAY 2

## THE POWER POSE

### MOOD SHIFT

2

THE POWER  
POSE

Max stood outside the classroom door, holding his presentation cards in one hand and his breath in the other.

“What if I mess up? What if I forget everything?” he whispered to himself.

Suddenly, Captain Cortex appeared beside him in a flash of brain-boosting light, standing tall in a bold superhero stance.

“Max, I’ve got just the thing,” Captain Cortex said. “It’s called a Power Pose! When we stand like a superhero, our brain starts to believe we are one.”

Max blinked. “Really?”

“Really,” Captain Cortex grinned. “Try it with me!”

They stood side by side—feet apart, hands on hips, shoulders back, chins up.

Max took a deep breath.

His heart still pounded, but it didn’t feel as scary now. He felt taller, stronger...braver.

“I’ve got this,” Max said.

“You do,” said Captain Cortex. “And your brain knows it now too.”

# DAY 2

## ACTIVITY

### STRIKE A POWER POSE

#### Instructions:

Stand up, feet apart, hands on your hips like a superhero. Hold your pose for 2 minutes while thinking of something brave you've done.

Your body sends messages to your brain—this pose says, “I’ve got this!”



I FEEL POWERFUL!



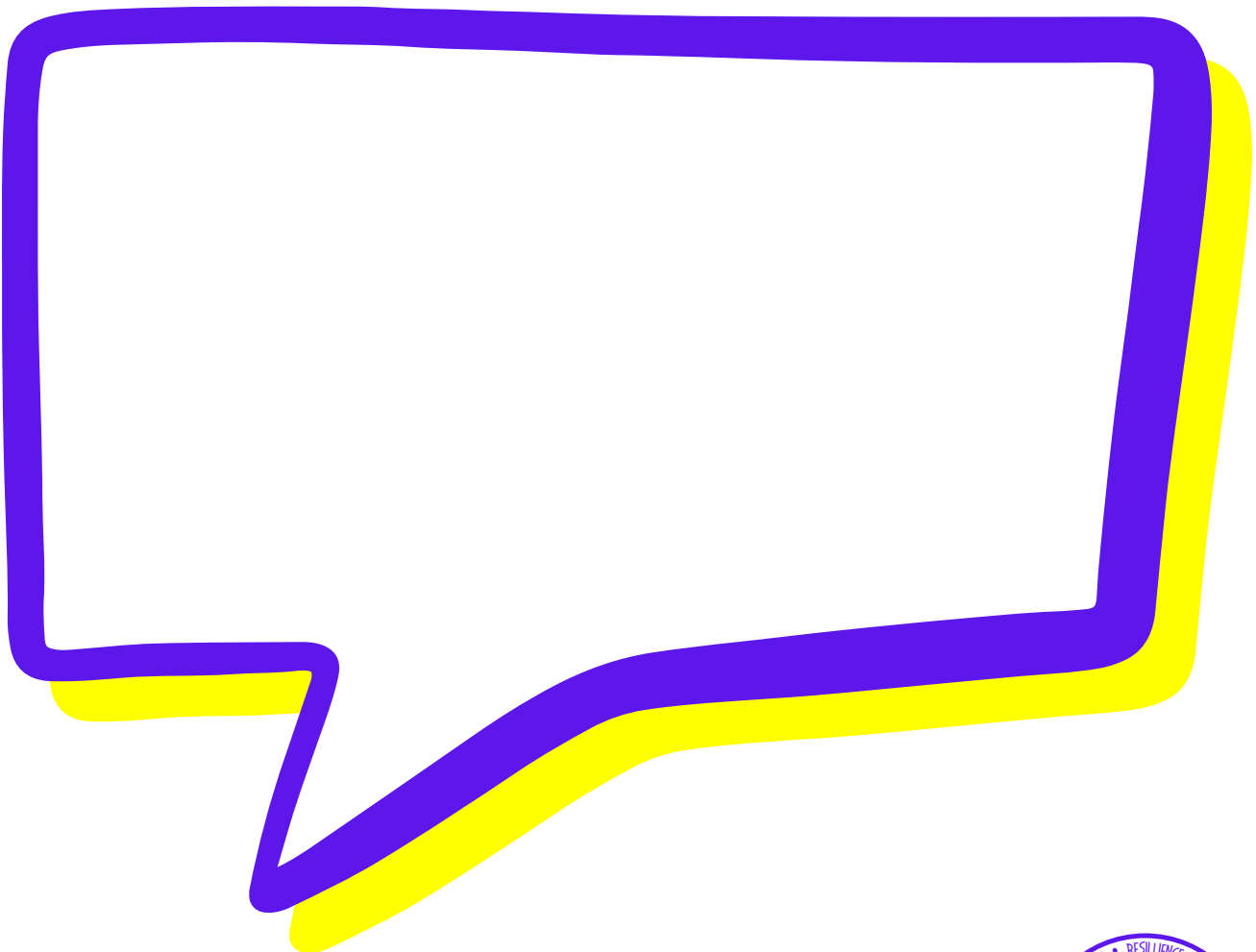
DAY 2  
**ACTIVITY**  
STRIKE A POWER POSE

**Instructions:**

Draw your power pose:



THIS IS ME FEELING  
POWERFUL!



# DAY 2

## ACTIVITY

### STRIKE A POWER POSE

#### Instructions:

Answer the reflection question, take some time to think about this one:

 HOW DID YOUR BODY FEEL IN THE POWER POSE? HOW DID IT FEEL AFTER?



# DAY 3

## THE VOICE INSIDE

### REMEMBERING WINS

3

THE CONFIDENCE  
JAR

Adam kicked a rock down the path as he and Emma walked home from school.

“I don’t think I’m good at anything,” he muttered.

Emma looked at him with surprise. “That’s not true! What about how you helped Max with that tough LEGO set yesterday?”

Adam shrugged. “That was nothing.”

Emma reached into her backpack and pulled out a small plastic jar covered in stickers. “This is my Confidence Jar. Whenever I do something kind, brave, or new, I write it down and pop it in here.”

Adam tilted his head. “You do?”

“Yep,” she smiled. “Because sometimes my brain forgets the good stuff I’ve already done. But when I read the notes, I remember how strong I really am.”

She handed him a slip of paper and a pencil. “Write one thing you’ve done that made you feel proud.”

Adam stared at the paper. Then he smiled and wrote:

“I stood up for my friend.”

Emma grinned. “Told ya.”



# DAY 3 ACTIVITY MY CONFIDENCE JAR

## Instructions:

Write or draw 2 moments when you were brave, kind, or tried something new—even if it was scary or hard.

These are proof that confidence is already inside you!



MY CONFIDENT MOMENT

### Example :

- I helped someone who was struggling
- I spoke up when I felt nervous
- I tried something even though I wasn't sure I'd be good at it



MY CONFIDENT MOMENT



DAY 3  
**ACTIVITY**  
MY CONFIDENCE JAR

**Instructions:**

Answer the reflection question, take some time to think about this one:



WHAT DO YOUR 2 MOMENTS SAY  
ABOUT WHO YOU ARE BECOMING?



# DAY 4

## BRAVE, NOT PERFECT

### EMBRACE MISTAKES



Adam was finally ready to try skateboarding at the park. Max had been practicing for weeks, and today, he wanted to help Adam learn.

“I don’t want to mess up in front of everyone,” Adam said, gripping his helmet.

Max smiled. “You probably will mess up. I do it all the time.”

Adam raised an eyebrow. “You? But you’re good at this.”

Max nodded. “Yeah, now. But the first time I tried, I fell right on my face. I cried. Then I got back up and tried again.”

Adam took a breath and placed his foot on the board. He wobbled... then fell. Hard.

Max ran over. “You okay?”

Adam laughed nervously. “Told you I’d mess up.”

“You were brave,” Max said, holding out a hand. “That’s way better than perfect.”

Adam grinned as Max helped him up. “Let’s try again.”

# DAY 4 ACTIVITY BRAVE NOT PERFECT

## Instructions:

Think of a time something didn't go the way you hoped.  
What happened? What did you do next? Draw and write about it!



MY OOPS MOMENT!

## Ideas :

- What was the mistake or mess-up?
- How did it make you feel?
- What did you learn or do next?
- Would you try again?



MISTAKES HAPPEN!

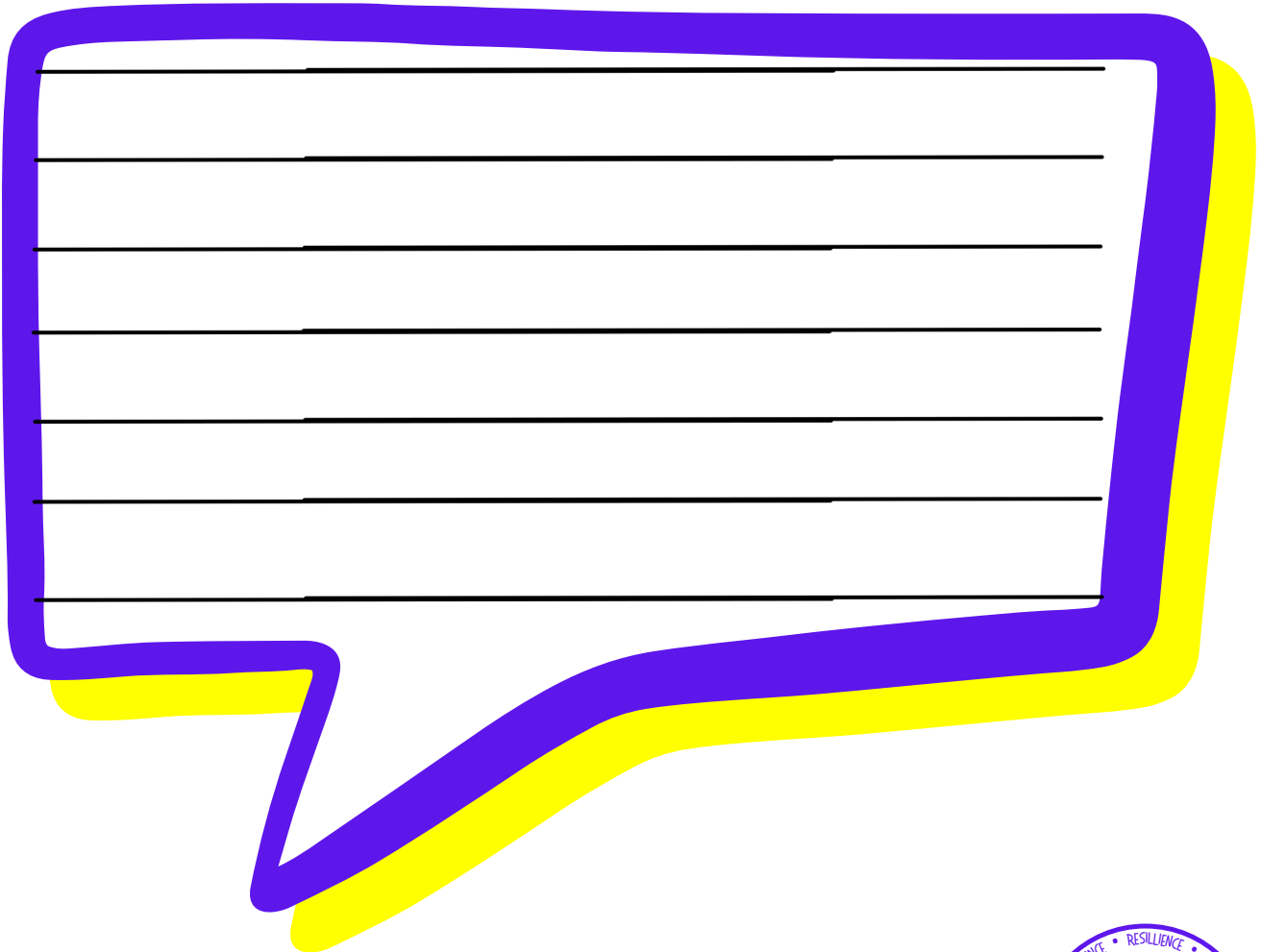


DAY 4  
**ACTIVITY**  
BRAVE NOT PERFECT

Instructions:

Answer the reflection question, take some time to think about this one:

 WHEN WAS A TIME YOU WERE BRAVE,  
EVEN THOUGH THINGS DIDN'T GO PERFECTLY?



# DAY 5

## SAY IT LOUD!

### AFFIRMATION

5

SAY IT  
LOUD!

The sun was shining over the Village of Yet as Max, Adam, and Emma gathered in the treehouse for the end-of-week celebration.

“We’ve all been through a lot this week,” Emma said, setting out a stack of certificates.

“I noticed my thoughts,” Max said proudly. “Even the nervous ones.”

“I tried again after falling—like, a lot,” Adam grinned, rubbing his elbow.

Emma nodded. “And I turned a mistake into something new.”

They each picked up a note from the Confidence Jar Emma had brought with her.

“Let’s do this,” Adam said. “Let’s say it out loud.”

One by one, they read their notes:

“I am kind.”

“I am brave.”

“I keep going, even when it’s hard.”

They high-fived, cheered, and added their final Bravery Badges to their collection.

“You know what?” Max said, looking around. “Confidence isn’t about never being scared. It’s about showing up anyway.”

“And now we know how,” Emma smiled.

# DAY 5 ACTIVITY SAY IT LOUD!

## Instructions:

Confidence starts with knowing how awesome you already are!  
Write your name in big, bold letters, decorate them. Then list 5 amazing things about yourself.



MY AWESOME NAME

### ideas :

- Something you're proud of
- A time you were kind
- Something you're great at
- A challenge you faced
- One thing you love about yourself



AMAZING THINGS ABOUT ME!

1

2

3

4

5



DAY 5  
**ACTIVITY**  
SAY IT LOUD!

**Instructions:**

Answer the reflection question, take some time to think about this one:



WHAT STRENGTH DO YOU WANT TO  
KEEP GROWING EVERY DAY?

A large, stylized speech bubble with a thick purple outline and a yellow shadow. Inside the bubble are eight horizontal black lines for writing.





# POWER OF YET

## CONFIDENCE CHALLENGE

### BADGES





# CONFIDENCE HERO

THIS CERTIFIES THAT \_\_\_\_\_

HAS COMPLETED THE 5-DAY CONFIDENCE CHALLENGE AND HAS  
SHOWN

COURAGE, KINDNESS, AND THE POWER OF YET.



*Professor Synapse*